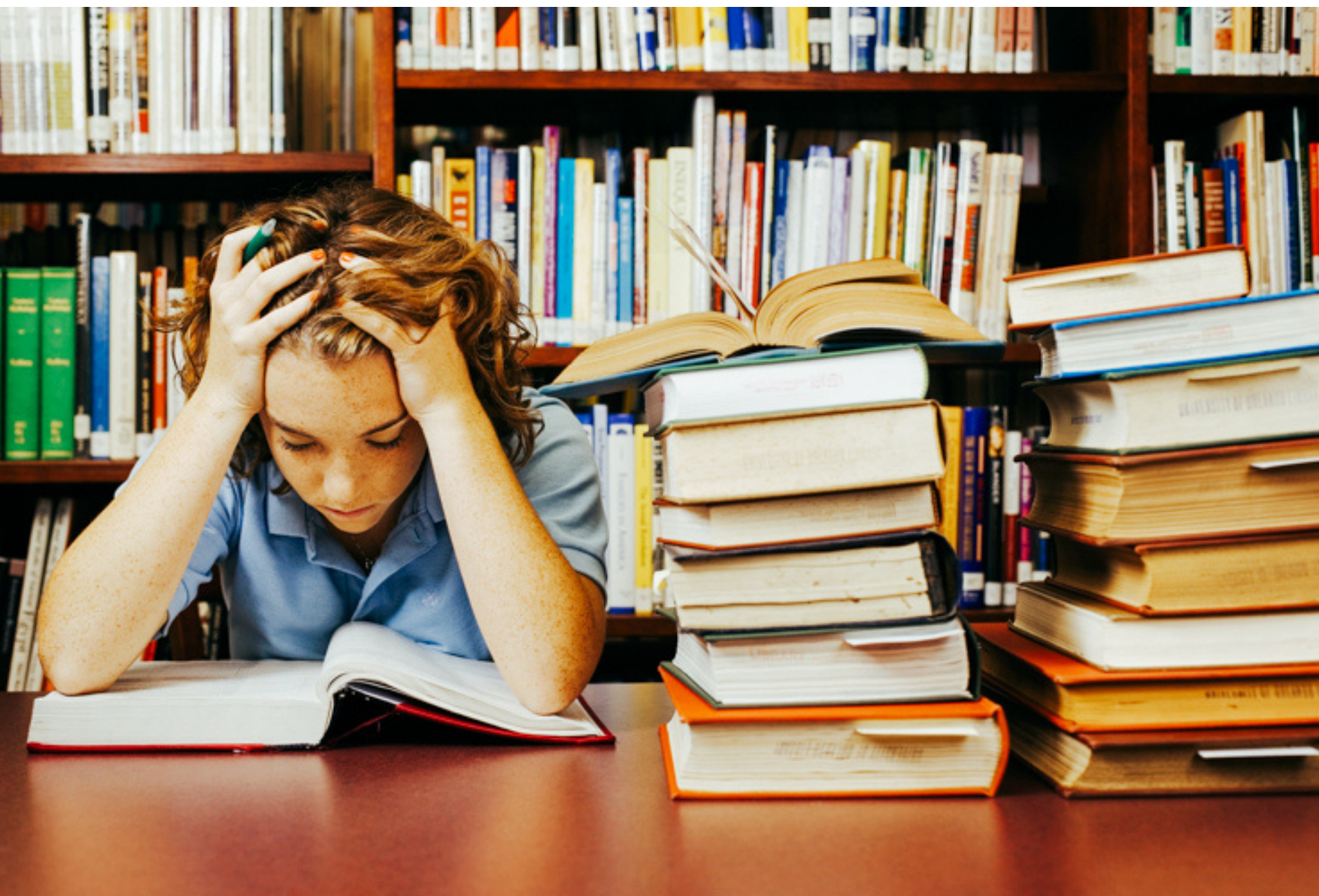




STUDENT COUNSELLING UNIT WORKSHOPS 2021

The SCU has many exciting workshops to assist you in making your journey at UP a success!

To register email:
scuworkshops@up.ac.za



Do you need support with adjusting to university, test and exams, mental health and self-discovery?

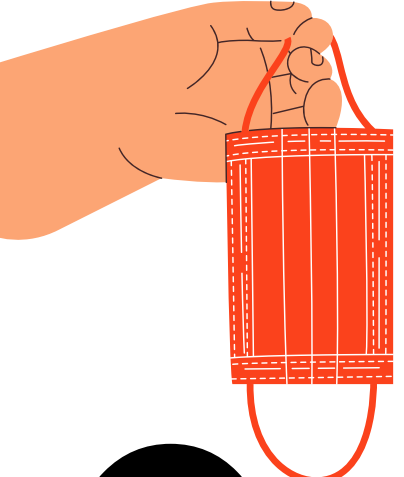


The SCU has just the right workshop for YOU!

THESE WORKSHOPS CAN HELP YOU WITH:

- Living and learning in a new place, coping during covid. Balancing your academic and social life.
- Coping with challenges with online learning, time management techniques and stress levels.
- Discovering who you are, what motivates you, your values and strengths.
- Strategies to enhance your self-esteem and exploration of your identity.
- Optimal communication skills, nurturing relationships, and dealing with healthy vs unhealthy relationships.
- Components of good mental health and how to take care of your mental health.
- Career building tips and how to choose your career path.





Department of Student Affairs
 Departement Studentesake
 Kgoro ya Merero ya Balhuthi

Online Workshops presented by the SCU 2021



Workshop info:

DATE	TOPIC	TIME 1hr Option 1	TIME 1hr Option 2
20 April 2021 (Tuesday)	Adjustment to University	12:30PM	4:30PM
18 May 2021 (Tuesday)	Test and Exam Preparation	12:30PM	4:30PM
8 June 2021 (Tuesday)	Self-discovery	12:30PM	4:30PM
17 August 2021 (Tuesday)	Identity, Diversity and Self- Esteem	12:30PM	4:30PM
7 Sept 2021 (Tuesday)	Relationships and Communication	12:30PM	4:30PM
19 Oct 2021 (Tuesday)	Mental Health	12:30PM	4:30PM
2 Nov 2021 (Tuesday)	Career Journey	12:30PM	4:30PM

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